

Quality of Life Among Behvarzs in Qazvin Province

Hosseinkhani, Z., Researcher, Social Determinants of Health Research Center, Qazvin University of Medical Sciences, Qazvin, Ph.D. Student, Department of Epidemiology and Biostatistics, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran

Sabaghian, M., MSc. Student, Department of Medical Education, School of Medical Education, Shahid Beheshti University of Medical Sciences, Tehran, Iran- Corresponding Author: maryam_sabaghian@yahoo.com

Fouladvand, A., MSc. Student, Department of Medical Education, School of Medical Education, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Shams Kilani, N., BSc. Student, Qazvin University of Medical Sciences, Qazvin, Iran

Fatahi, Z., BSc. Deputy of Health, Qazvin University of Medical Sciences, Qazvin, Iran

Motahhari fard, M., BSc. Deputy of Health, Qazvin University of Medical Sciences, Qazvin, Iran

Received: Jan 16, 2016

Accepted: May 1, 2016

ABSTRACT

Background and Aim: The quality of life of community health workers (Behvarzes) is of special importance since they are in direct contact with the community offering health services to individuals and families. The objective of this study was to assess the quality of life of Behvarzes in Qazvin Province, Iran.

Materials and Methods: This cross-sectional study included 406 male- and female-Behvarzes working in the health houses in Qazvin Province, Iran. Data were collected using the World Health Organization Quality of Life questionnaire (WHOQOL-BREF). The questionnaire was distributed in the Behvarzes' monthly refresher training sessions and completed by them (self-administrated). Data were analyzed using SPSS version17.

Result: The average age of the participants was 35.4 ± 6.3 years. Analysis of the data showed the means of quality of life scores for physical, psychological, social and environment domains to be 50.81%, 53.00%, 53.96 and 35.7, respectively. In all domains, the score of quality of life for the Behvarzes with a high education level was significantly higher than those of others ($p < 0.001$). In addition, marital status was significantly associated with the quality of life in all the domains ($p < 0.001$) except in the environment domain ($p = 0.16$).

Conclusion: The result of this study show that the quality of life of health workers (Behvarzes) is medium. Considering the importance of their work and the services they offer to the community, attempts should be made to improve their quality of life.

keywords: Quality of Life, Health Workers, Behvarzs, Qazvin, Iran